A Healthy Start Pregnancy Poster Series

Changes in the family
We’re all having a baby.

Healthy Start
It’s never too early in your pregnancy to get prenatal care.

Healthy Start
My mom helps me get ready for the new baby.

Healthy Start
Eating well is a gift to my baby.

Healthy Start
Winnipeg, Manitoba
Call (204) 949-5350

Pregnancy isn’t easy, but I’m learning.

My baby likes to hear my voice.

My body is changing to help my baby grow.

Caring and respect make a baby’s world secure.

Take me for walks before I’m born.

A Healthy Start Baby Poster Series

Healthy Start
I cry for lots of reasons, but never to make you angry.

Healthy Start
I will never fall off the floor.

Trust mother’s milk.

Brain growth in progress. Nutrition & nursing are keys to a healthy start.

Healthy Start
You’re my first and favourite teacher.

Hold me every chance you get.

I’m 6 months old and ready to eat.

Crying is communicating.

Healthy Start
Talk to me, sing to me, show me your world.

Always kiss me goodnight.

Learning to eat takes practice.

セット of 9

セット of 11

* SEE REVERSE FOR ORDER FORM
A Healthy Start Poster Series

ORDER FORM:
Posters are black & white, 18" X 24" and sold as a set of 9 (PREGNANCY POSTERS) or 11 (BABY POSTERS).

Name: ____________________________ Organization: ____________________________
Address: __________________________ City: ____________________________ Province: ____________________________ Postal Code: ____________________________
Telephone: (___) __________________________ Fax: (___) ____________________________ E-mail: ____________________________

Poster Cost: $50.00 PER SET plus shipping and handling

# of PREGNANCY POSTER sets ____________ X $50.00 =$____________________
# of BABY POSTER sets ____________ X $50.00 =$____________________
Shipping & Handling (in Canada):

(1-3 sets $15.00) $____________________
(4-6 sets $25.00) $____________________
Total: $____________________

U.S and Overseas orders: Please email to learn shipping costs.

PAYMENT MUST ACCOMPANY ORDER.

Please allow 3-4 weeks for delivery

Please mail order form with cheque or money order to:
Healthy Start for Mom & Me,
310 - 421 Mulvey Avenue East, Winnipeg, MB R3L 0R6 Canada
Ph 204-949-5350 Fx 204-949-4800 email: healthystart@mts.net, www.hsnnm.ca

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